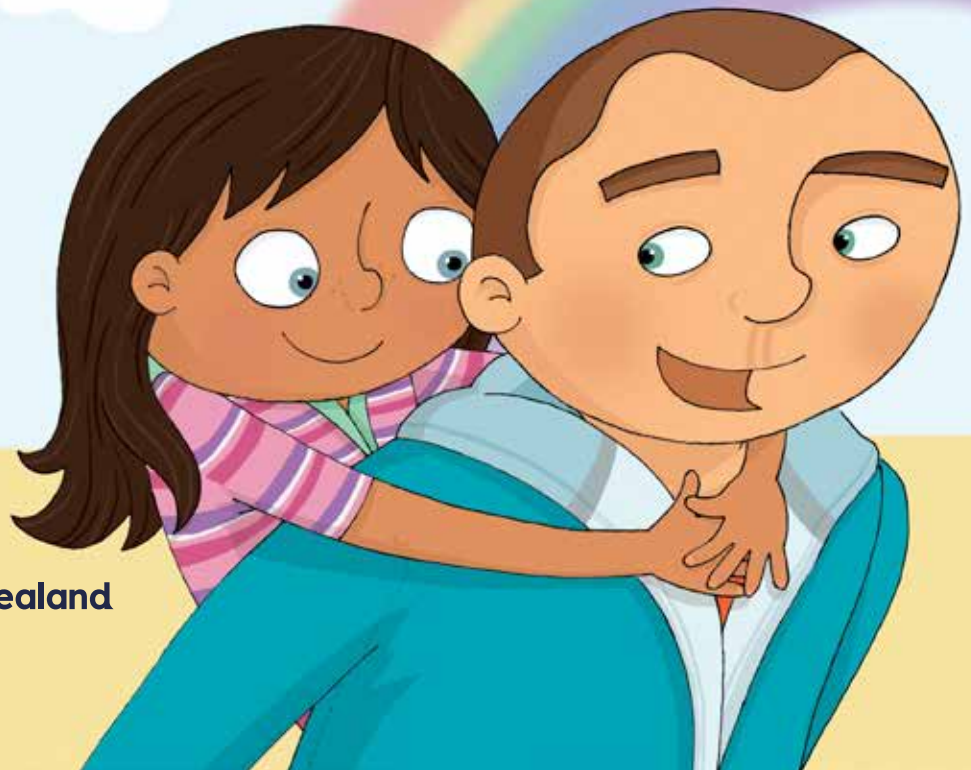


Ruby's Dad

Guidelines for schools



Health New Zealand
Te Whatu Ora

Thank you for ordering *Ruby's Dad*.

Ruby's Dad is a children's book about a young girl whose father has a drinking problem. The book validates the experience of children who are in a similar situation to Ruby, and provides a vehicle for children and parents/caregivers to have a conversation about harmful alcohol use.

Given the sensitive nature of Ruby's story, it is important that the book is not used in classroom settings.

If you know of a child like Ruby in your school and want to know how you can help, call the Alcohol Drug Helpline for confidential information, advice and support 0800 787 797.

Guidelines for how to use *Ruby's Dad* have been developed for health professionals to provide some thoughts, prompts, and parameters for professionals to assess whether *Ruby's Dad* is an appropriate resource for their client or client's family members, and how to support safe, effective conversations with adults and children. Copies of these guidelines can be requested from Health Promotion, Health New Zealand – Te Whatu Ora.

Ruby's Dad has been created by Health Promotion, Health New Zealand – Te Whatu Ora and Skylight.

Call the **Alcohol Drug Helpline** for confidential information, advice and support

0800 787 797

(Seven days a week 10am – 10pm)

Email **Skylight** for support for your family situation at **rs@skylight-trust.org.nz** or phone Skylight on

0800 299 100

(Weekdays)



To order additional copies of **Ruby's Dad**, visit **resources.alcohol.org.nz**



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